


July 2019 DeKalb Area Retirement Center/Oak Crest

Health Center & Personal Care Activities Calendar Call for more details (815) 756-8461

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	Independence Day 4	5	6	
	9:30 Monday Morning Discussion Group - GP 10:00 Fit - U Exercise with NIU Students - LT 10:00 Coffee Hour - Café 10:00 Dishing Divas - AK 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 2:00 WIG's: Floral Arrangements w/ HyVee Florist - V 2:30 Bunco/Card Game – HC 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer –PVA 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st A 7:00 Travelogue “Iceland” by Pat Vary – LT	9:30 Hearing Help Plus- E146 9:30 Heartland Bank - CHA 10:00 Coffee Hour - Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle - LT 10:00 Mind & Body Exercise w/NIU-V 10:30 Resource Bank 11:00 Happy Hearts*- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 1:1 Visits - HC 1:30 Chair Chi Exercise - LT 2:00 Manicures - AK 3:30 Catholic Communion - CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Pinochle - GR 7:00 Bingo Game - LT	10:00 First National Bank - CHA 10:00 First Midwest Bank-2 nd FL <u>NO Fit – U Exercise</u> 10:00 Coffee Hour - Café 10:00 HC Resident Council - LT 10:00 4 th of July Decorating - HC 11:00 Antipasto - HC E/W 11:30 Antipasto - 1 st AT 1:00 Craft Group - Craft Room 1:00 Scrabble/Table Games-PVA 2:00 Bethlehem & First Lutheran Church Service-CH 2:30 Instant Theater - HC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Travelogue Film (See Weekly Highlights) 7:15 “Balloon Tennis” - HCAT		10:00 July 4th Service - CH 10:00 Coffee Hour- PVA 11:30 Antipasto - 1st AT 2:00 Parade Decorating - HC 3:30 Coffee Hour - 1st AT 4:00 “Stars & Stripes” Parade in Health Center Courtyard 7:00 American Rhythm Band - HCAT	10:00 Coffee Hour-Café 10:00 Catholic Communion & Rosary – CH <u>NO Fit-U Exercise</u> 11:00 Happy Hearts Club*- HC1E 11:00 Antipasto- HC E/W 11:30 Antipasto - 1 st FL AT 1:30 - 3:00 “Knit Wits” Knit/Crochet Group - PVA 2:00 Movie Matinee: “Yankee Doodle Dandy” - LT 3:00 Apartment Visit – PC 4:30 Antipasto - HCE/W 5:00 Antipasto - 1 st AT 7:00 Table Games – HCAT	9:30 Coffee Hour - V 10:00 Oak Crest Boys - V 2:00 Sing-Along - HCAT 3:00 Chit Chat - HCAT 3:30 Coffee Hr - 1 st AT 4:30 Antipasto - HCE/W 5:00 Antipasto - 1 st AT 7:00 Movie & Popcorn: “An American in Paris” - LT
7	WEAR BLACK & WHITE 8	Wear Red orHearts 9	Western Attire 10	50’s Attire 11	Glitz & Glamour 12	13	
10:00 Coffee Hour- PVA 2:00 Current Events- HC 3:30 Worship Service w/ Communion Rev. Blake Richter, Westminster Presbyterian Church - CH 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie: “The Proposal” – HCE1 7:15 Balloon Volley Ball – HCAT	9:30 Monday Morning Discussion Group - GP 10:00 Fit-U Exercise - V 10:00 Lots of Tots - LT 10:00 Coffee Hour- Café 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 1:00 Bridges Choir- V 2:00 Handbell Choir – HCW1 2:30 Baking - AK 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer -PVA 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Floats & Notes “Easy Listening” with Joe & Charlie - LT	9:30 Heartland Bank - CHA 10:00 Coffee Hour - Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle - LT 10:00 Mind & Body Exercise w/NIU-V 10:30 Resource Bank 11:00 Happy Hearts*- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 1:1 Visits - HC 2:00 Manicures – AK 2:00 - 4:00 Dessert Potluck - LT 3:30 Catholic Communion - CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Pinochle - GR 7:00 Bingo – LT	10:00 First Midwest Bank – CHA 10:00 Coffee Hour- Cafe 10:00 Fit-U Exercise – V 10:00 Reminisce - HC 11:00 Antipasto - HCE/W 11:30 Antipasto - 1 st AT 1:00 Scrabble/Table Games- PVA 1:00 Craft Group – Craft Room 2:00 Red Hat Tea - HC Dining Rm 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HCE/W 5:00 Antipasto - 1 st AT 7:00 Travelogue Film (See Weekly Highlights) 7:15 “Lawn Dice” – HCAT	10:00 Coffee Hour-Café 10:00 Garden Club – HCE1 10:00 Poetry Reading – PDR 10:00 Bible Conversations- CHA 10:00 Mind & Body Exercise w/NIU - V 11:00 Antipasto- HC E/W 11:30 Antipasto - 1 st FL AT 12:00 Oak Crest Area Rotary Meeting - LT 2:00 Worship Service - CH 2:30 Curiosity Cart - HC 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Ice Cream Social - IND DR	10:00 Coffee Hour- Café 10:00 Catholic Communion & Rosary - CH 10:00 Fit -U Exercise - LT 11:00 Happy Hearts Club*- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1 st FL AT 1:00 1:1 Visits - HC 1:30 - 3:00 “Knit Wits” Knit/Crochet Group – PVA 2:00 Movie Matinee: “We Bought a Zoo” - LT 3:00 Apartment Visits – PC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Employee Recognition Program - V	9:30 Coffee Hour - V 10:00 Oak Crest Boys - V 2:00 Catholic Mass with Fr. Perfecto Vasquez - CH 3:00 Chit Chat - HCAT 3:30 Coffee Hr - 1stAT 4:30 Antipasto - HCE/W 5:00 Antipasto - 1stAT 7:00 Movie & Popcorn: “Milton’s Secret”-LT	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
10:00 Coffee Hour – PVA 2:00 Current Events- HC 3:30 Worship Service w/Rev. Jonathan Crail, First United Methodist -CH 3:30 Coffee Hour- 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie: “Christopher Robin” – HCE1 7:15 Chair Yahtzee - HCAT	9:30 Monday Morning Discussion Group - GP 10:00 Fit – U Exercise with NIU Students - LT 10:00 Coffee Hour - Café 10:00 Dishing Divas - AK 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 1:00 Bridges Choir- V 2:00 WIG’s: “New Zealand” By HC Nurse Emma - V 2:30 Bunco/Card Game – HC 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Travelogue “Israel” by Jenny Ruff - LT	9:30 Heartland Bank - CHA 9:30 NIU Speech & Hearing-PVA 10:00 D & D Jewelry -PVA 10:00 Coffee Hour - Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle - LT 10:00 Mind & Body Exercise with NIU - V 10:30 Resource Bank 11:00 Happy Hearts*- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto -1 st AT 1:00 1:1 Visits - HC 1:30 Chair Chi Exercise – LT 2:00 Manicures- AK 3:30 Catholic Communion - CH 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 5:30 “Guess Who Is Coming To Dinner?” - GVDR 7:00 Pinochle - GR 7:00 Bingo – LT	10:00 First Midwest Bank – CHA 10:00 Coffee Hour- Café 10:00 Fit – U Exercise w/ NIU Students – LT 10:00 Dr. Friedrichs Eyeglass Care - PVA 10:00 Outing 10:30 Hymn Sing - HC/EW 11:30 Antipasto - 1 st AT 1:00 Scrabble/ Table Games-PVA 1:00 Craft Group - Craft Room 2:00 Worship Service w/ St. Peter’s Episcopal Church - CH 3:00 “7 th Inning Stretch” by Dan Dillman - LT 3:30 Coffee Hour - 1 st AT 4:30 Antipasto – HCE/W 5:00 Antipasto - 1 st AT 7:00 Travelogue Film (See Weekly Highlights) 7:15 “Bags Game” - HCAT	10:00 Coffee Hour - Café 10:00 Garden Club – HC 10:00 Bible Study – LT 10:00 Bible Conversations- CHA 10:00 Mind & Body Exercise w/NIU-V 11:00 Antipasto - HC E/W 11:30 Antipasto - 1 st FL AT 1:30 Chair Chi Exercise - LT 2:00 Worship Service - CH 2:30 Curiosity Cart - HC 3:30 Coffee Hour - 1st AT 5:00 Antipasto - 1 st AT 5:00 Birthday Dinner-HC/CYDR 5:30 Birthday Dinner - GVDR 7:00 Birthday Entertainment- V	10:00 Coffee Hour- Café 10:00 Catholic Communion & Rosary – CH 10:00 Fit-U Exercise with NIU Students - LT 11:00 Happy Hearts Club*- HCE 11:00 Antipasto - HC E/W 11:30 Antipasto 1 st FI AT 1:00 1:1 Visits- HC 1:30 – 3:00 “Knit Wits” Knit/Crochet Group – PVA 2:00 Watermelon Explosion – HC/CY (Weather Permitting) 3:00 Apartment Visit - PC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Friday Night Bingo - LT	9:30 Coffee Hour - V 10:00 Oak Crest Boys - V 2:00 Sing-Along – HCAT 2:00-4:00 Martha & Ed Gillepie 60 th Anniversary Open House- V 3:30 Coffee Hr - 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie & Popcorn: “Moonshot”-LT
21	22	23	24	25	26	27
10:00 Coffee Hour- PVA 2:00 Current Events- HC 3:30 Coffee Hour - 1st AT 3:30 Worship Service w/ Rev. Kevin Spears, Fellowship Baptist Church - CH 7:00 Movie: “Love Comes Softly”– HCE1 7:15 Balloon Volley Ball – HCAT	9:30 Monday Morning Discussion Group - GP 10:00 Fit-U Exercise - V 10:00 Lots of Tots - LT 10:00 Coffee Hour- Café 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 1:00 Bridges Choir- V 2:00 Handbell Choir – HCW1 2:30 Card Games - HC 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer -PVA 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Floats & Notes featuring Vocalist “Gavin Wilson” - LT	9:30 Heartland Bank - CHA 10:00 Coffee Hour-Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – LT 10:00 Mind & Body Exercise w/NIU-V 10:30 Resource Bank 11:00 Happy Hearts*-HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1 st AT 1:00 1:1 Visits- HC 1:30 Chair Chi Exercise – LT 2:00 Manicure- AK 3:30 Catholic Mass - CH 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Pinochle - GR 7:00 Bingo – LT	10:00 Fit – U Exercise with NIU Students - LT 10:00 First Midwest Bank - CHA 10:00 Coffee Hour- Café 11:00 Lunch Bunch - AK 1:00 Scrabble & Table Games– PVA 1:00 Craft Group - Craft Room 2:30 Card Game - HCE 3:30 Coffee Hour - 1 st AT 4:30 Antipasto – HCE/W 5:00 Antipasto - 1 st AT 7:00 Travelogue Film - (See Weekly Highlights for feature.) 7:15 “Bowling” - HCAT	10:00 Coffee Hour – Café 10:00 Garden Club – HCAT 10:00 Poetry Reading - PDR 10:00 Bible Conversations- CHA 10:00 Mind & Body Exercise w/NIU-V 11:00 Antipasto- HC E/W 11:30 Antipasto- 1 st FL AT 12:00 Oak Crest Area Rotary Meeting - LT 1:30 Chair Chi Exercise - LT 2:00 Worship Service - CH 2:30 Curiosity Cart - HC 3:30 Coffee Hour - 1st AT 4:30 Antipasto- HCE/W 5:00 Antipasto - 1 st AT 7:00 Country Dance Time - HCAT	10:00 Coffee Hour - Café 10:00 Catholic Communion & Rosary - CH 10:00 Fit- U Exercise w/ NIU Students- LT 11:00 Happy Hearts - HCE 11:00 Antipasto - HC E/W 11:30 PC Resident Council Meeting - GP 1:00 1:1 Visits - HC 1:30 – 3:00 “Knit Wits” Knit/Crochet Group – PVA 2:00 Movie Matinee: “The Fox River Valley and Chain O’ Lakes - LT 3:00 Apartment Visit - PC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Table Games - HC	9:30 Coffee Hour - V 10:00 Oakcrest Boys - V 2:00 Golf Ladder- CY/HCAT 3:00 Chit Chat - HCAT 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie & Popcorn “Secondhand Lions”- LT

Sunday	Monday	Tuesday	Wednesday			
28	29	30	31			
10:00 Coffee Hour- PVA 2:00 Current Events - HC 3:30 Worship Service w/ Rev. Steve Persson, First Baptist Church – CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC 5:00 Antipasto - 1st AT 7:00 Movie:“Dean Martin & Jerry Lewis” - HCE1 7:15 Parachute Fun - HCAT	9:30 Monday Morning Discussion Group - GP 10:00 Fit-U Exercise – LT 10:00 Scrapbooking - HCE1 10:00 Coffee Hour- Café 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 1:00 Bridges Choir- V 2:00 Men’s Group - Bistro 2:30 Card Games - HC 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer -PVA 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Floats & Notes featuring Vocalist “Bob Abel” - LT	9:30 Heartland Bank - CHA 10:00 Coffee Hour-Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – LT 10:00 Mind & Body Exercise W with NIU-V 10:30 Resource Bank 11:00 Happy Hearts*-HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 1:1 Visits- HC 1:30 Chair Chi Exercise – LT 2:00 Manicure- AK 3:30 Catholic Communion - CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Pinochle - GR 7:00 Bingo - LT	10:00 Fit – U Exercise with NIU Students - LT 10:00 First Midwest Bank – CHA 10:00 Coffee & Social - Bistro 10:00 Coffee Hour- Café 10:00 Outing 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 Scrabble & Table Games– PVA 1:00 Craft Group - Craft Room 2:00 The Joy of Coloring - HC 3:30 Coffee Hour - 1st AT 4:30 Antipasto – HCE/W 5:00 Antipasto - 1st AT 7:00 Travelogue Film - (See Weekly Highlights for feature.) 7:15 “Ring Toss” - HCAT			

Calendar Key

1 st AT - First Floor Atrium	GR - Game Room 3 rd Floor	LT - Little Theater
AK - Activity Kitchen	GVDR - Garden View Dining Room	PDR - Private Dining Room
CYDR - Courtyard Dining Room	GP - Gathering Place	PVA – Prairie View Atrium
CHA - Chapel Annex	HC – Health Center	RL - Rattan Lounge
CY – Courtyard	HCAT – Health Center Atrium	SP - Side Pocket
CH – Chapel	HCW – Health Center West	V - Vista Room
FC - Fitness Center	HCE – Health Center East	